

## CLAIMS:

Having thus described the invention, what is claimed and desired to be secured by Letters Patent is:

1. A process for recording a greeting or message for a voice mail system comprising:

placing a CD on which is recorded at least one track of background music or sound effects into a CD player;

accessing a menu on the voice mail system for recording messages and proceeding through the menu to a prompt for starting a recording; and,

enabling the CD player to play the track while a user records the greeting or message, the background music or sound effects being recorded together with the speaker's voice so that both are simultaneously recorded in the voice mail system, the background music or sound effect being subsequently heard whenever the greeting or message is replayed.

2. The process of claim 1 further including formatting the CD with multiple track segments each of which includes background music or a sound effect that can be used as background for the recording.

3. The process of claim 1 further including placing an audible, distinctive note at the beginning of the track, the note being used to synchronize the background music or sound effect with the beginning of the recording.

4. The process of claim 3 in which the tone is an audible note which can be one of i) a frequency outside the bandwidth of the voice mail system, or ii) a frequency inside the bandwidth of the voice mail system, or iii) a complex sound.

5. The process of claim 3 further including placing an audible note at the end of the track, the note being used to synchronize the background music or sound effect with the end of the recording.

6. The process of claim 5 in which the CD includes multiple tracks each having multiple segments.

7. The process of claim 3 further including playing the CD until the audible note is heard and then pausing play of the CD until the user is ready to record.

8. The process of claim 7 further including recommencing play of the CD when the user begins recording the greeting or message.

9. The process of claim 8 further including continuing play of the CD throughout the recording interval so there is a continuous background throughout the greeting or message.

10. The process of claim 8 further including stopping play of the CD prior to the beginning of the greeting or message so the background serves as an introduction to the greeting or message.

11. A process for recording a greeting or message for a voice mail system comprising:

accessing an internet website on which is recorded at least one track or audio clip of background music or sound effects and selecting an audio clip to be recorded on the voice mail system;

accessing a menu on the voice mail system for recording messages and proceeding through the menu to a prompt for starting a recording; and,

enabling play of the selected audio clip from the website while a user records the greeting or message on the voice mail system, the background music or sound effects being recorded together with the speaker's voice so that both are simultaneously recorded on the voice mail system, the background music or sound effect being synchronized with the greeting or message.

12. A process for recording a greeting or message for a voice mail system comprising:

placing a CD on which is recorded at least one track of background music or sound effects into a CD player; and,

enabling the CD player to play the track while a user records the greeting or message on the voice mail system, the background music or sound effects being recorded together with the speaker's voice so that both are simultaneously recorded on the voice mail system, the background music or sound effect being synchronized with the greeting or message.

13. The process of claim 12 further including placing an audible, distinctive note at the beginning of the track, the note being used to synchronize the background music or sound effect with the beginning of the recording.

14. The process of claim 13 further including placing an audible note at the end of the track, the note being used to synchronize the background music or sound effect with the end of the recording.

15. The process of claim 12 further including stopping play of the CD prior to the beginning of the greeting or message so the music or sound effects serves as an introduction to the greeting or message.

16. The process of claim 15 further including continuing play of the CD throughout the recording interval so there is a continuous background throughout the greeting or message.

17. A CD for use in for recording a greeting or message for a voice mail system comprising:

a disc on which is recorded at least one track of background music or special effects, the disc being played together with the recording of a voice speaking a greeting or message so they are simultaneously recorded; and,

an audible note at the beginning of the track used to synchronize the background music or sound effect with the beginning of the recording.

18. The CD of claim 17 having multiple track segments each of which includes background music or a sound effect that can be used as background for the recording.

19. The CD of claim 18 further including an audible note at the end of the track, the note being used to synchronize the background music or sound effect with the end of the recording.

20. The CD of claim 17 which is a stereo disk.